

4

Being Sexual: An Illustrated Series On Sexuality and Relationships

ADOLESCENCE



By Susan Ludwig and David Hingsburger



Translated into Blissymbols by Ruth Harrington and Jinny Storr

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

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The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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Changes

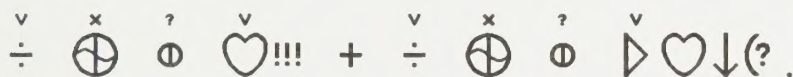


(weather [modified] + plural indicator)

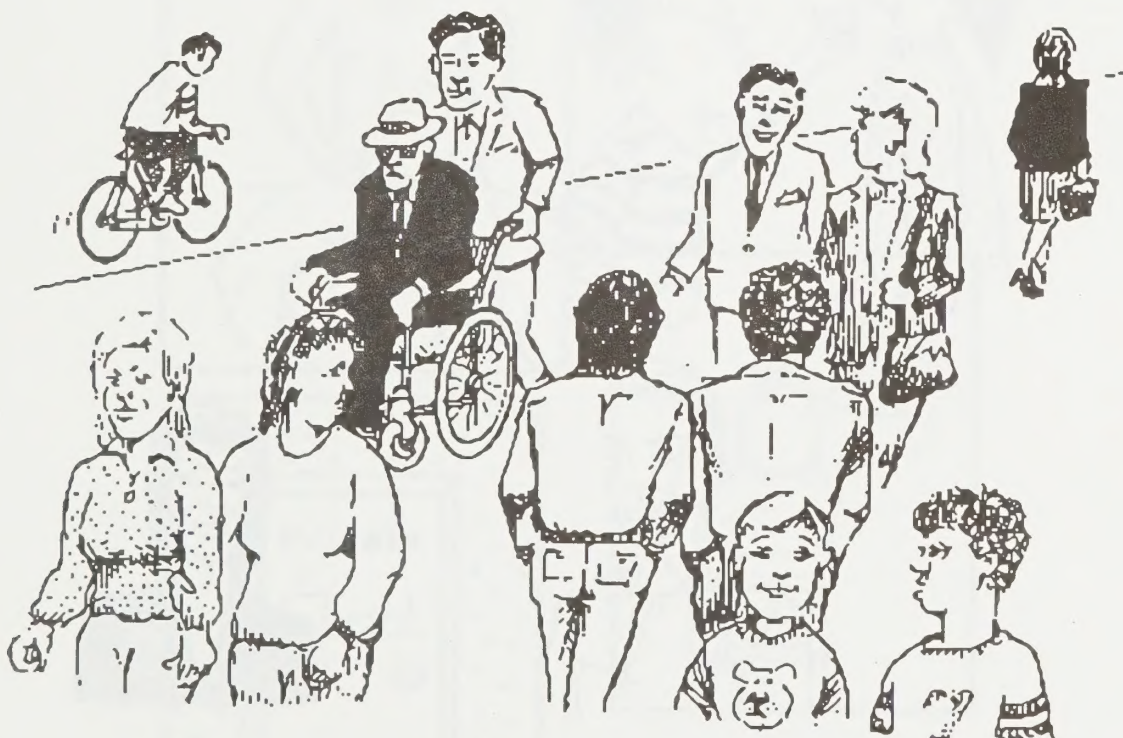
Life is made up of many, many **changes**. Sometimes **changes** are fun and **exciting**. Sometimes **changes** are sad and **scary**. These **changes** bring new and **different feelings**.



During each person's life he or she is always changing.



Some changes may be exciting and some changes may be scary.

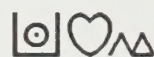


Adolescence



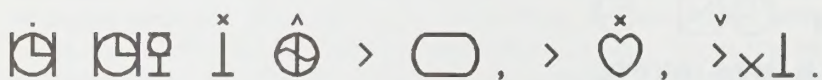
(limited time + adolescent)

Puberty



(awake + sexuality)

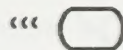
The teenage years are called **adolescence**. **Adolescence** is usually the time of **puberty** when many new and **different** physical, emotional and social **changes** occur. At the beginning of **adolescence**, the **person** is a child. After **adolescence** the **person** will be an adult.



During adolescence people change physically, emotionally and socially.

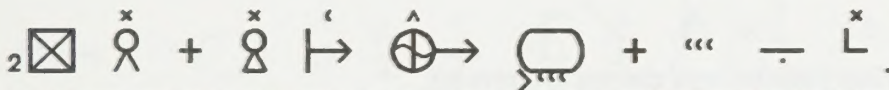


Body Hair

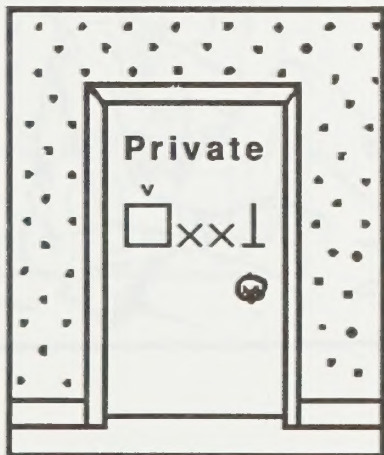


(hair + body)

The physical **changes** of **adolescence** are very easy to see. **Body hair** will grow on both young men and young women. The **hair** on their arms and legs may become longer and thicker. Both men and women will begin to develop **pubic hair** and underarm **hair**.



Both boys and girls will begin to develop pubic hair and hair under (their) arms.

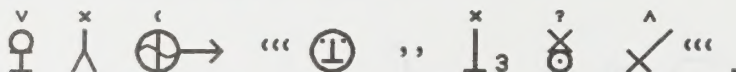


(To) Shave

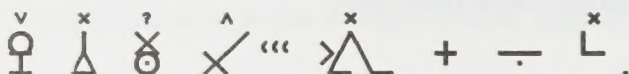


(to cut + hair + action indicator)

Young men will grow **facial hair** that they may **choose to shave** off. Young women may **choose** to **shave** the **hair** that grows under their arms and on their legs.



Young men will develop facial hair that they may choose to shave off.



Young women may choose to shave (their) legs and under (their) arms.



Perspiration

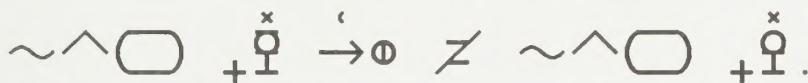


(liquid + skin)

The development of **body hair** tells young **people** that other things are also happening to their bodies. **Teenagers** will begin to perspire in a **different** way from when they were children. Other body **changes** start to occur at the same time.



(The) development (of) body hair tells teenagers (that) additional changes are happening to their bodies.



(The) perspiration of teenagers will become different (from the) perspiration of children..



(To) Wash



(sink + action indicator)

Bad Odour



(smell + negative)

They will find that unless they **wash** the **hair** in their underarms and **crotch** carefully, they will develop a body **odour**. They may not notice that it smells bad, but others around them will not like it.



Important - Wash (the) hair under (the) arms and in (the) crotch carefully in order to stop (a) bad odour.

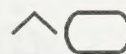


(To) Wash



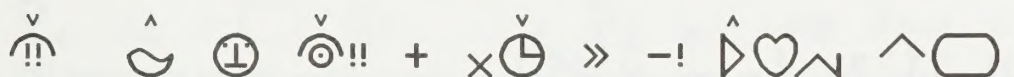
(sink + action indicator)

Skin

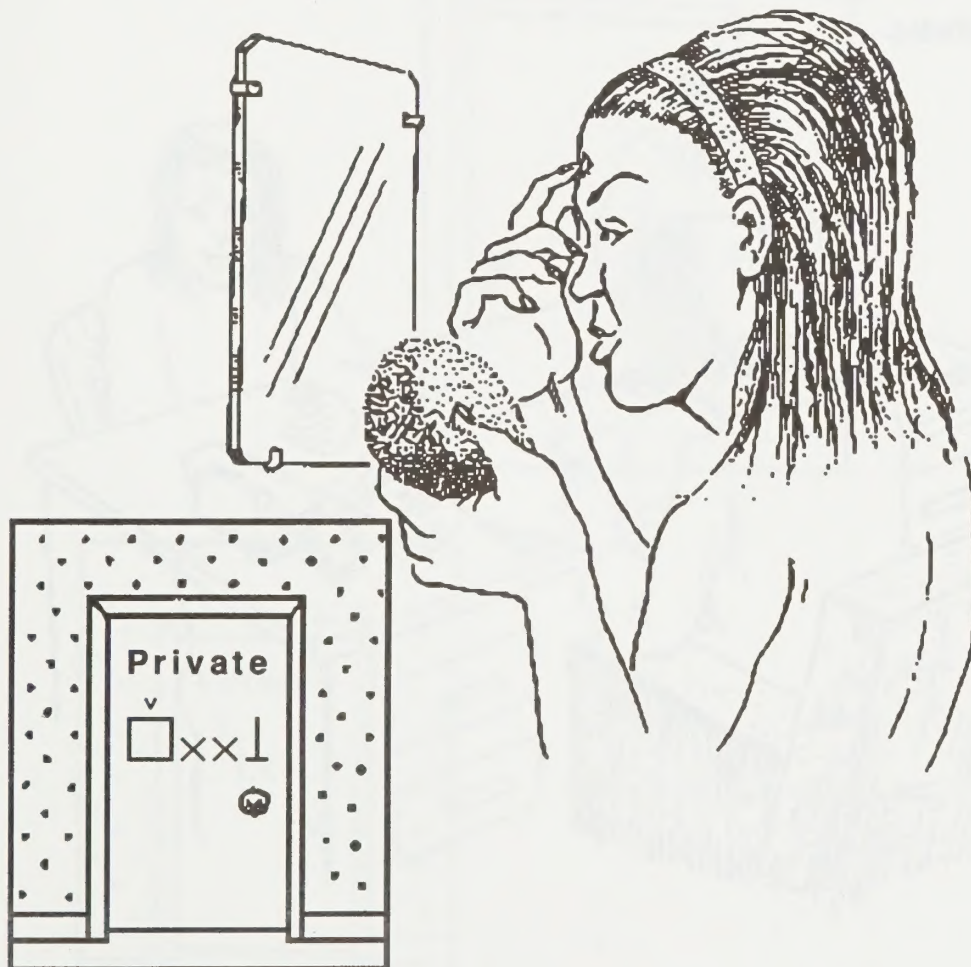


(protection + body)

Adolescents may find that their **skin** oils **change**. They may find that they break out with **skin** blemishes or **pimples** during this time. It is **important** to **wash** the face gently and regularly to lessen scarring and damage to the **skin**.



Important - wash (your) face carefully and often in order not to injure your skin.

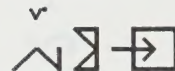


Pimples



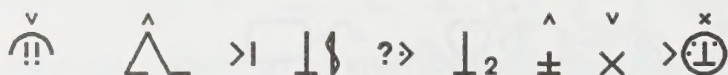
(face + dot + pointer + plural indicator)

Infected

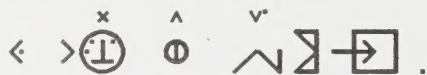


(illness + effect + to enter + description after the fact indicator)

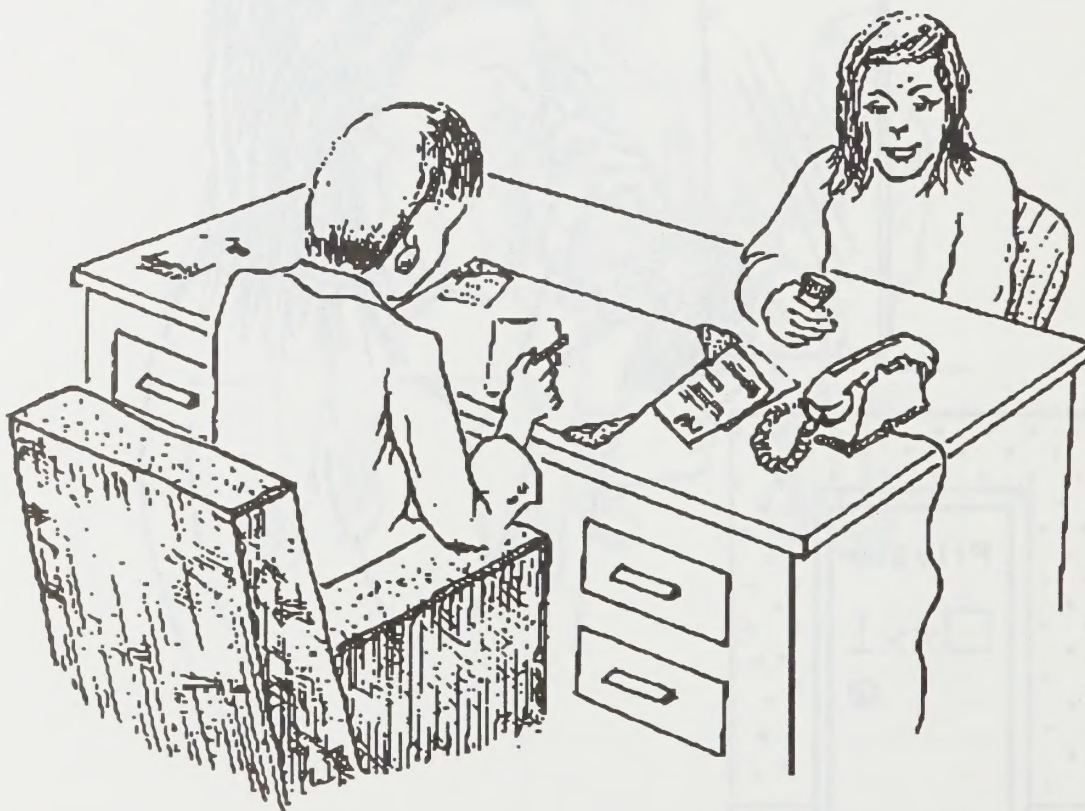
If young **people** have many **pimples** or have **pimples** that become **infected**, they may need to see a doctor about it. This is **important** because the doctor can help to prevent scars from developing on the face.



Important - go to (a) doctor if you have many pimples



or pimples that are infected.



(To) Change



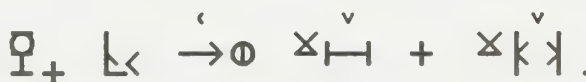
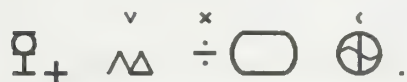
(weather [modified] + action indicator)

Penis

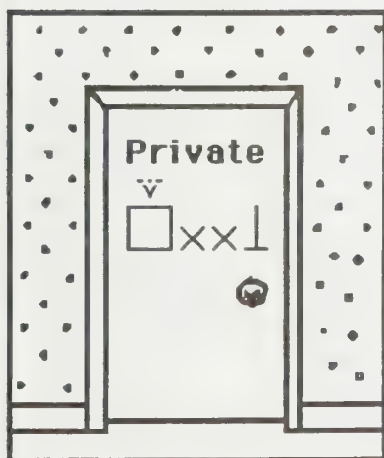


(standing person + pictograph of penis + pointer)

A **young person's sexual body parts** will **change**. A young man will find that his scrotum and **penis** will become darker in colour. His **penis** will grow longer and then will become wider.



(A) teenager's sexual body parts will change. (A) teenager's penis will grow longer and wider.



Menstrual Period

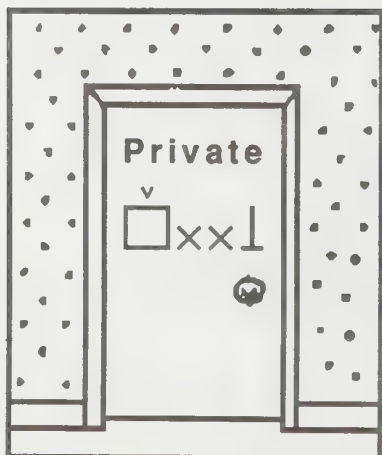


(liquid + uterus + month)

A young woman's labia covering her **vagina** will become darker and more fleshy. She will begin to have her **menstrual period**. At first it may happen at very irregular times, but eventually she will know when to expect it to begin and how many days it will last.



(A) young woman will begin (to have her) menstrual period.



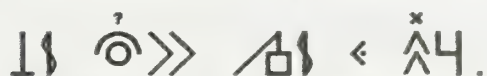
Menstrual Cramps



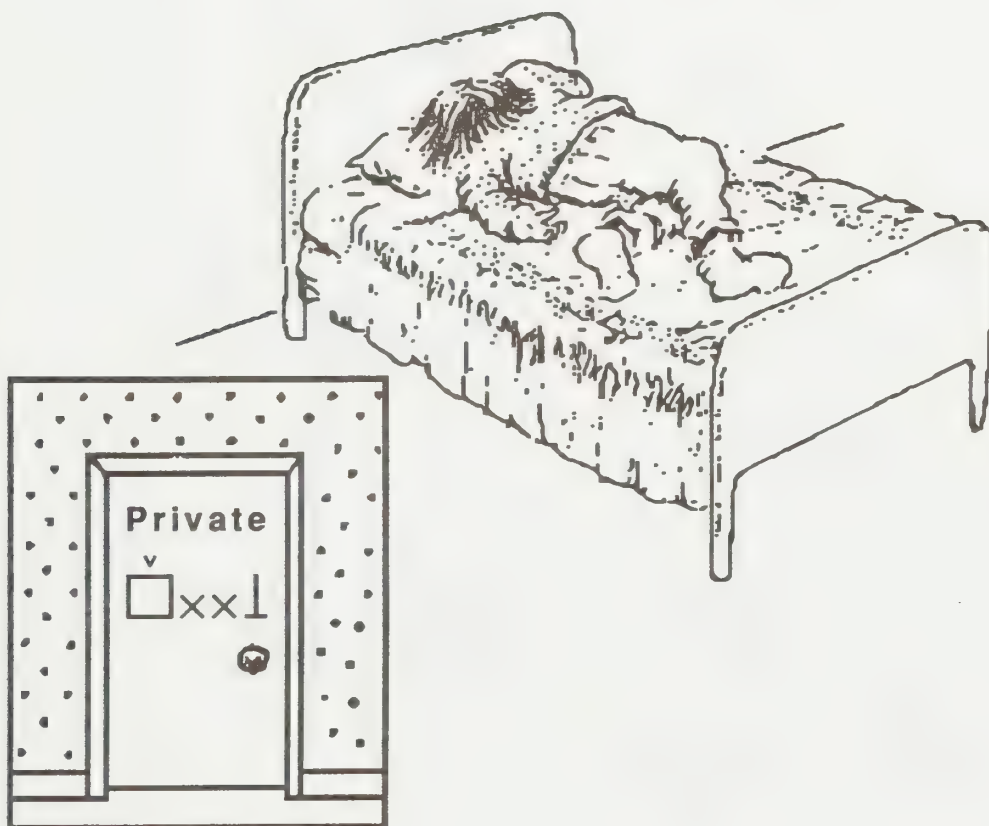
Some women feel painful **menstrual cramps**. If this happens, a woman may talk to a doctor. A doctor may be able to help by suggesting medication or exercises.



Some women may have painful menstrual cramps.



(A) doctor may suggest medication or exercises.



Body Shape



(shape + body)

(To) Grow Bigger

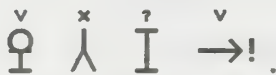


(big + action indicator)

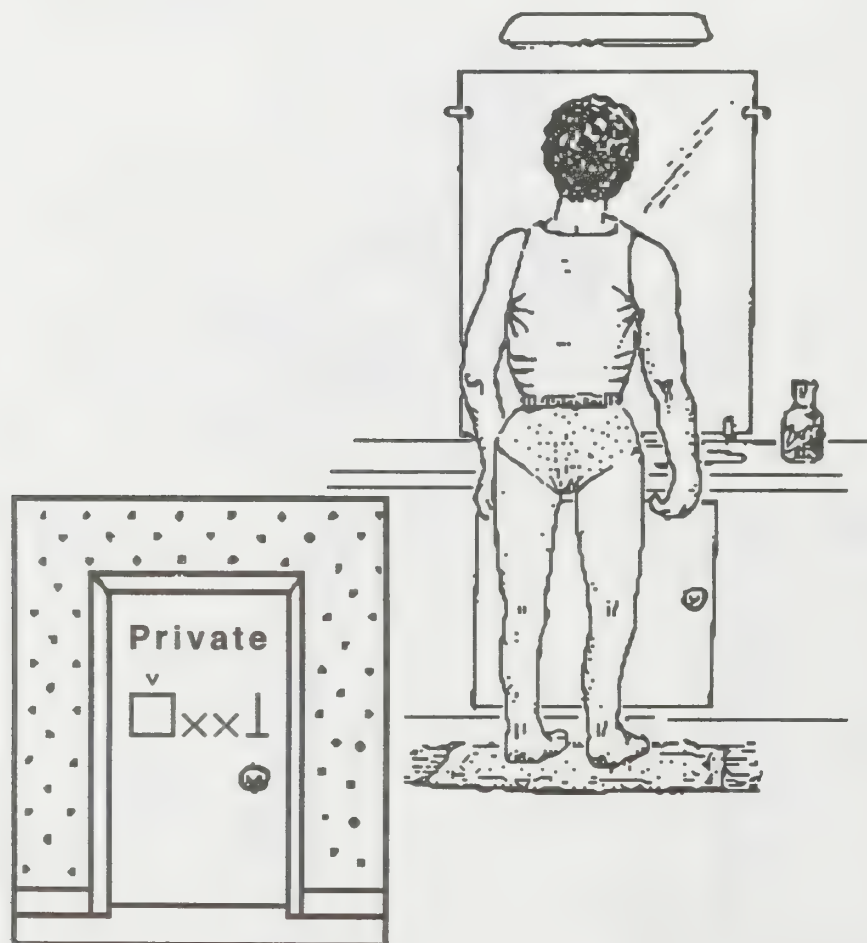
The **young person's body shape** will change. Young men may find that their shoulders become broader and their bodies more muscular. Their hands and feet may feel very big. This rapid growth may make them feel awkward or clumsy.



Teenagers' body shape will change.



Young men may grow bigger rapidly.



(To) Change



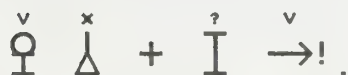
(weather [modified] + action indicator)

Body Shape



(shape + body)

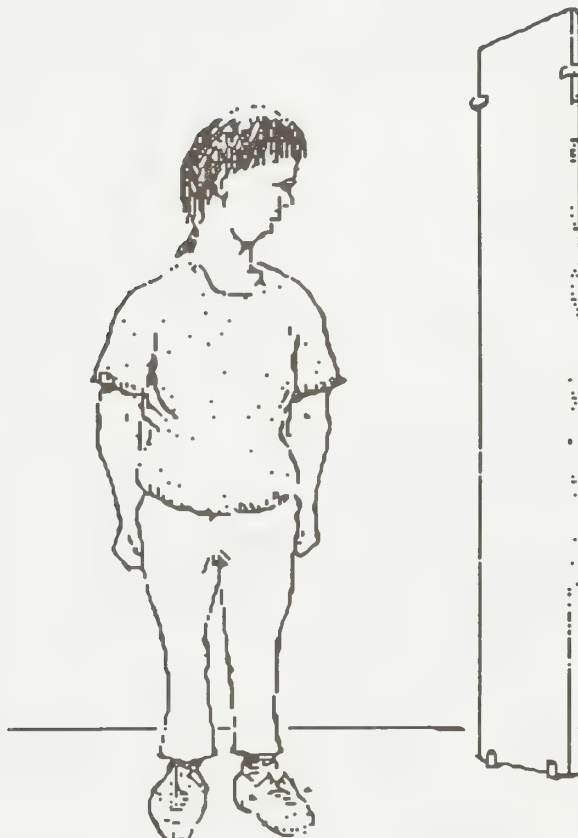
Young women may grow rapidly also. They may find that their hip bones become wider, making their waists seem smaller. They may worry about these **changes** in their **body shape**.



Young women may grow bigger rapidly.



They may worry about (their) changing body shape.



Breasts

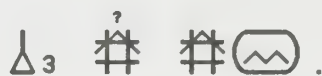


(body + two pointers, to breasts)

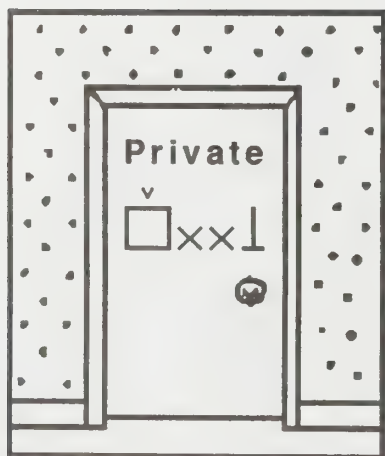
A young woman will begin to develop **breasts**. She will notice that the dark coloured areas around her nipples become puffy. Often one **breast** may become larger than the other. A young woman may want to cover herself so others will not see these **changes** to her body. She may decide to wear a **brassiere**.



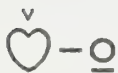
(A) young woman will begin to develop breasts.



She may wear a brassiere.



Hungry



(feeling + minus + food +
description indicator)

Tired



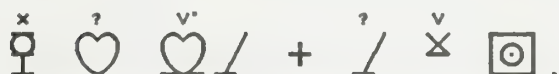
(rest + to need +description after
the fact indicator)

Pains



(feeling + sick +
plural indicator)

Young **people** who are experiencing all these physical **changes** of **adolescence** will experience many other **changes** at the same time. They may **feel tired** and need extra sleep because of their rapid growth. They may often **feel very hungry**. They may also have growing **pains**.



Teenagers may feel tired and may need more sleep.



They may be very hungry and may have pains because (they) are growing

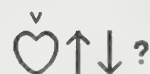


Mood



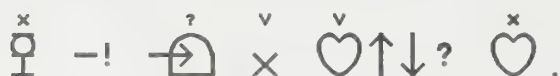
(mind + to be + feeling)

Confusing

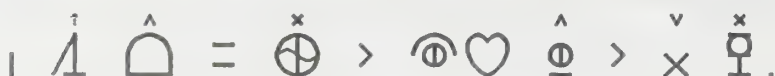


(upset + question mark + description indicator)

A **teenager's feelings** or **emotions** may **change** rapidly. Happiness may **change** to anger; excitement may **change** to fear. A **teenager** may feel very sad and not know what has caused this **feeling**. These **mood changes** are normal, but they may be very **confusing** for the **young person**. It may help to know that many **people** go through this experience during **adolescence**.



Adolescents may not understand (these) many, confusing emotions.



It may help to know (that the) same changes of mood happen to many teenagers.



Responsibilities

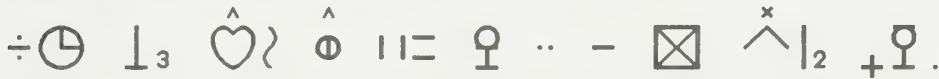


(protection + other + plural indicator)

Sometimes a **teenager** feels grown up. He or she may want to have many adult opportunities and privileges. Sometimes an **adolescent** wants to be a child again without all the **responsibilities** that come with approaching adulthood.



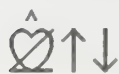
Sometimes (a) teenager wants to be very grown up.



Sometimes he or she wants to be like (a) child again, without all (the) responsibilities of (an) adult.



(To) Embarrass



(combination of uncomfortable *and* upset + action indicator)

(To) Blush



(face + red + action indicator)

Young **people** may experience new **sexual feelings**. These can be very intense and **embarrassing**. **Adolescents** may begin to **blush** at this time.



Young people may have new sexual feelings which embarrass them.



Both boys and girls begin to blush.



Vaginal Wetness

~ (Δ)
(liquid + vagina)

Young women may begin to feel **vaginal wetness** and may be confused about it. Some may worry that this is unhealthy.

♀ ♂ ↗ ± ~ (Δ) .

Young women may begin to have vaginal wetness.

÷ Δ ↖ ← ⊥₃ ∅ - 4 .

Some women may worry (that) they are unhealthy.



Ejaculation



(erection + sperm + intensity)

Wet Dream

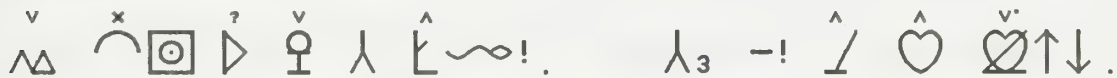


(ejaculation + to sleep)

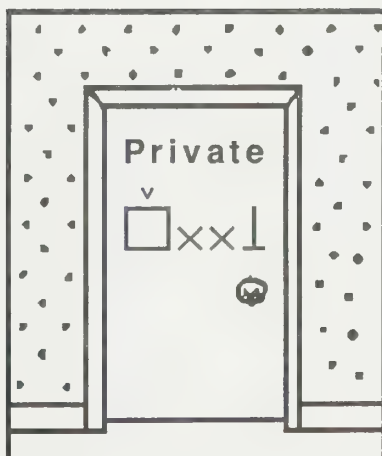
Adolescents begin to experience **sexual** dreams. These dreams may cause a young man to ejaculate. This **ejaculation** is called a **wet dream**. Most young men and some older men have wet dreams. The man will need to clean himself up when he awakens after a wet dream. He does not need to feel embarrassed about this.



Adolescents may begin to have sexual dreams.



Sexual dreams may cause (a) young man to ejaculate. He does not need to feel embarrassed.



Orgasm



(excitement + genital)

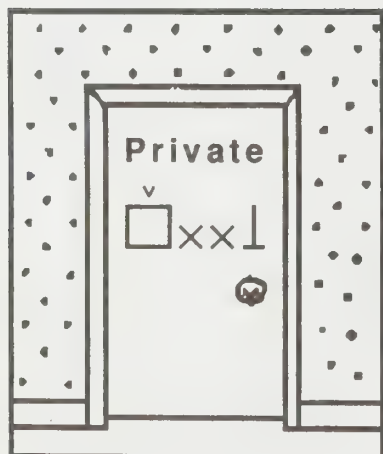
Young women may experience **orgasm** during their sleep. There will be nothing to show that this has happened, but they may feel concerned about their strong **sexual feelings**.



Young women may have (an) orgasm during (their) sleep.



They may worry about (their) strong sexual feelings.



(To) Experiment

$$\hat{\wedge} \gg \vee$$

(to do + for (the purpose of) + evaluation)

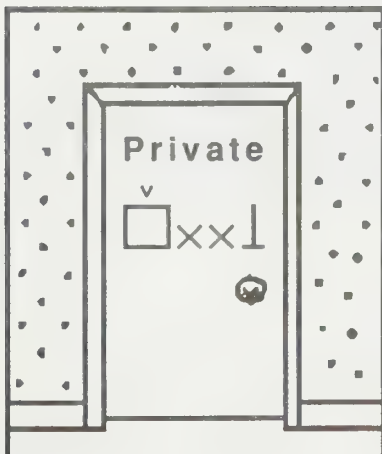
Often **teenagers experiment** with their **sexual body parts**, either alone or with another **person**. They may feel guilty about this **sexual** behaviour. It may help them to know that most **adolescents** have **sexual feelings** and many will **experiment sexually**.

$$\div \odot \overset{x}{\text{I}} \hat{\wedge} \gg \vee + \overset{v}{\wedge} \div \bigcirc$$

Often teenagers experiment with their sexual body parts,

$$> \overset{v}{\Phi}_1 < + |_2 .$$

either alone or with another person.



(To) Persuade

(combination of to lead *and* to agree + action indicator)

(To) Choose

(combination of eye *and* to divide [half-sized] *and* many + action indicator)

Teenagers' friends become very **important** to them. Often other **adolescents** will pressure a **young person** to make **choices** about using alcohol, drugs and tobacco. Groups of teens may do things together that one of them would not dare to do alone. This causes conflict with parents and teachers.

$\perp \heartsuit +! \rightarrow \odot \times \nabla \nabla > \tilde{\square}$

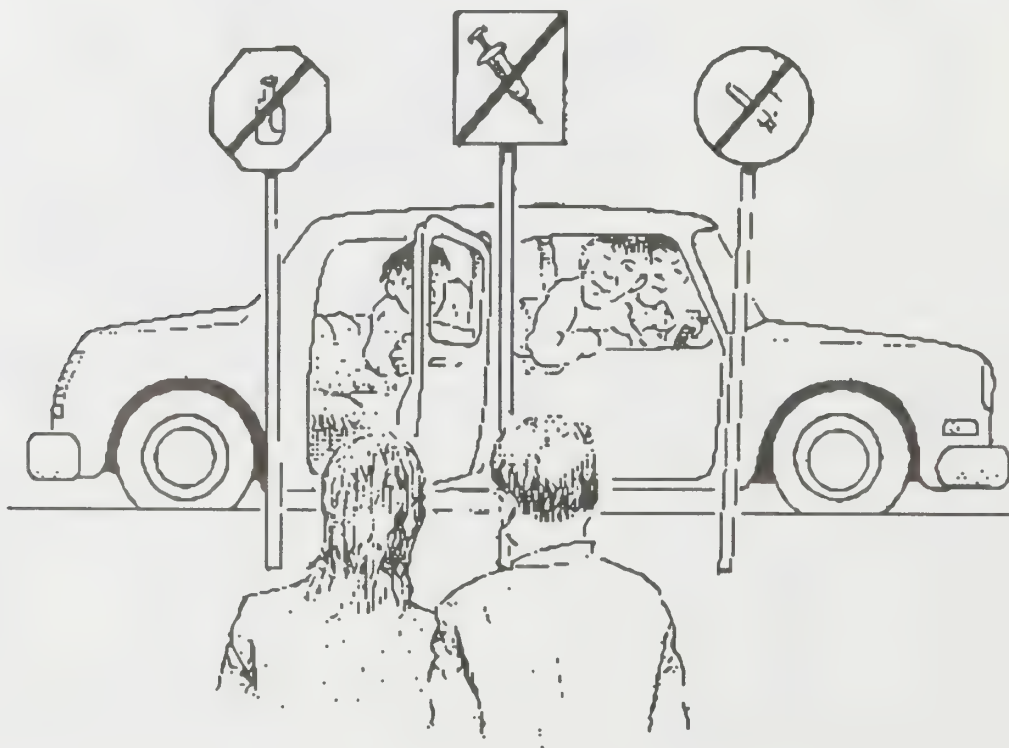
Friends become very important to teenagers.

$\div \tilde{\square} \rightarrow \rightarrow \nabla \nabla \leftarrow \nabla \perp \heartsuit +! \nabla, \nabla + \nabla$

Some teens may try to persuade or force friends to use alcohol, drugs and tobacco.

$\nabla \nabla \square \perp \nabla \nabla > \perp_3$

Important - each person must choose for himself or herself.



Decisions

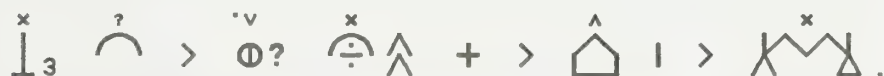


(to think + to arrive: + plural indicator)

There will be many **changes** in the life style of **teenagers**. They will make many **important decisions**. They may think about a possible **career**. They may think about living apart from their family and may want to **choose** their own living arrangements. Making these **decisions** can be both exciting and **scary**.



Teenagers will make many important decisions.



They may think about possible careers and about living away from (their) families.



Partner

 $\perp_{\pm}|+|$

(person + to share)

(To) Get Married

 $\hat{\mathbb{W}}$

(protection + to combine + action indicator)

Teenagers may begin to think about choosing a **partner** or **getting married**.

 $\overset{x}{\mathbb{H}} \overset{?}{\mapsto} \hat{\curvearrowright} > \hat{\mathbb{O}} \perp_{\pm}|+| \leftarrow \hat{\mathbb{W}} .$

Teenagers may begin to think about choosing (a) partner or getting married.



Angry

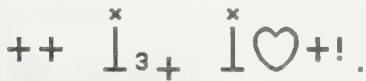


(much + feeling + opposition + description indicator)

An **adolescent** may feel that spending time with his or her family is less **important** now. Sometimes this is hard for parents to understand and may cause **adolescents** and parents to be **angry** with each other.



Sometimes parents feel angry (with) teenagers because they want much time



with their friends.



Choices



(combination of eye *and* to divide [half-sized] *and* many + plural indicator)

Parents may feel afraid that their **young person** is rejecting them and all their values. They may be afraid that their **teenager** will make **choices** that are not good for for him or her.

↑^x ♥[?] ↓(?) ♀ △['] ♂^x -! ♥^v +! > ⊥₃ .

Parents may be afraid (their) teenager will make choices (that are) not good for him or her.



Independent



(ability + self + description indicator)

Adults



(combination of flower and big) + plural indicator)

The **changes teenagers** go through during **adolescence** are normal. They are necessary steps in order to teach young **people** to become **independent adults**.



(The) changes of adolescence are necessary to teach young people to become independent adults.

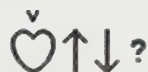


Exciting



(feeling + three intensity symbols + description indicator)

Confusing



(upset + question mark + description indicator)

Adolescence can be both an **exciting** and a **confusing** time for young **people**.

☹️ ♂ ♀ ·√ ∅ ₂ ☒ ♡!!! + ♡↑↓? .

Adolescence can be both exciting and confusing.



Questions



(question mark + open + plural indicator)

It is **important** to find someone who can answer your questions about the **changes** you may be experiencing.



Important - choose someone to answer your questions about (the) changes happening to you.



Glossary of Key Words and Blissymbols

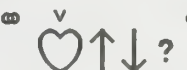
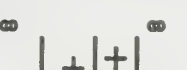
adolescence		(limited time + adolescent)	
adolescent	see teenager		
angry		(much + feeling + opposition + description indicator: having strong feelings against someone or something)	
bad odour		(to smell + negative)	
brassiere		(clothing + breasts)	
breasts		(body + two pointers, to breasts)	
carefully		(combination of to observe and attention + description indicator)	
change (to)		(weather [modified] + action indicator)	
choice		(combination of eye and to divide [half-sized] and many)	
choose (to)		(combination of eye and to divide [half-sized] and many + action indicator)	
cramp		(pain + muscle + pointer, to muscle: pain caused by muscle spasm or contraction)	
crotch		(body + pointer, to crotch)	
decision		(to think + to arrive)	
develop (to)		(change + to advance + action indicator)	
different		(to cross out + same)	

ejaculation		(erection + sperm + intensity)	ㄣ ~ ∞ !
embarrass (to)		(combination of uncomfortable <i>and</i> upset + action indicator)	♡ ↑ ↓
emotion	see feeling		
erection		(standing person with erect penis + pointer)	ㄣ <
feeling	emotion	(symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart.; also used to represent sensation.)	♡
friend		(person + to like)	ㄣ ♡ + !
get married (to)	see marry (to)		
grow bigger (to)	increase (to)	(big + action indicator: to become bigger)	↑
hair		(pictograph: used only in association with a body part or animal symbol)	'''
hungry		(feeling + minus + food + description indicator: having a feeling caused by the lack of food)	♡ - ㉿
important		(mind + two intensity symbols + description indicator: of intense interest)	㉿
increase (to)	see grow bigger (to)		
marry (to)	get married (to)	(protection + to combine + action indicator: joining together and living under one roof)	^ ⌂
menstrual period	see menstruation		
menstruation	menstrual period	(liquid + uterus + month)	~ (Δ) D
mood		(mind + to be + feeling: state of one's mind and emotions)	㊦ ♡
orgasm		(excitement + genital)	♡ !!! ㄣ

pain		(feeling + sick)	
penis		(standing person + pictograph of penis + pointer)	
people		(person + plural indicator)	
person		(symbol suggests a human being standing, with feet turned out)	
perspiration		(liquid + skin)	
pimple		(face + dot + pointer)	
puberty		(awake + sexuality)	
pubic hair		(hair + body + pointer, to hair)	
sexual		(sex + description indicator)	
teenager	adolescent, young person	(combination of child <i>and</i> adult: person between childhood and adulthood)	
tired		(rest + to need + description after the fact indicator: feeling in need of rest)	
vagina		(uterus + pointer, to passage)	
wash (to)		(sink + action indicator)	
wet dream		(ejaculation + to sleep)	
young		(child + description indicator)	
young person	see teenager		

Combined Symbol Glossary

The following symbols are normally enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

blush (to)	(face + red + action indicator)	
body hair	(hair + body)	
body parts	(part of + body + plural indicator)	
body shape	(shape + body)	
career	(type + work)	
confusing	(upset + question mark + description indicator)	
experiment (to)	(to do + for (the purpose of) + evaluation + action indicator)	
facial hair	(hair + face)	
independent	(ability + self + description indicator)	
infected	(illness + effect + to enter + description after the fact indicator)	
partner	(person + to share)	
persuade (to)	(combination of to lead and to agree + action indicator)	
responsibility	(protection + other)	

scary	(to cause + to fear + description indicator)	^{ss} ^v ▷♥↓(?) ^{ss}
shave (to)	(to cut + hair + action indicator)	^{ss} [^] ×''' ^{ss}
socially	(of + group + description indicator)	^{ss} ^v >×⊥ ^{ss}
vaginal wetness	(liquid + vagina)	^{ss} ~ (Δ) _^ ^{ss}

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